

Bitesize Parenting

Workshop Description

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics. Please book on by visiting www.cornwall.gov.uk/parenting

Topics include:

Bitesize Child (for parents/carers of children aged 4-11)

Special time with your child – How quality time with children can help with behaviour.

Praise and rewards – How to use praise and rewards for behaviour you'd like to see more of.

Routines and boundaries – Looking at why routines and boundaries are important and how these can be put in place effectively.

Remaining calm – How to look after yourself as a parent.

Sibling rivalry and conflict – Tips to manage conflict between siblings in the home.

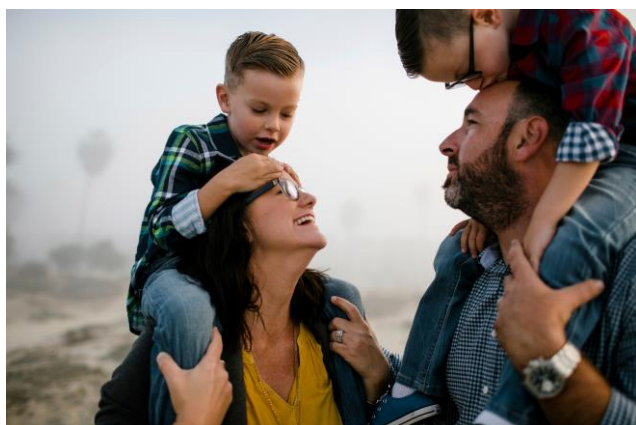
Bitesize Teen (for parents/carers of young people aged 12-19)

Teenage Brain - Learn about the changes adolescents experience in their brain development and how parents can support their young person.

Remaining calm – How to look after yourself as a parent.

Mental wellbeing – Tips about how to communicate with young people about their feelings.

Technology and safety – This workshop focuses on boundaries around technology use at home and how to support young people to stay safe online.



Workshop Dates:

Date	Bitesize Child (for parents/carers of children aged 4-11)
Monday 29.07.24 09:30-11:30	Special time with your Child
Wednesday 07.08.24 12:30-14:30	Praise and Rewards
Monday 12.08.24 09:30-11:30	Routines and Boundaries
Wednesday 21.08.24 12:30-14:30	Remaining Calm

To book onto a Bitesize Child, please scan or click here:



[Bitesize Parenting Sessions \(office365.com\)](http://office365.com)

Date	Bitesize Teen (for parents/carers of young people aged 12-19)
Wednesday 31.07.24 12:30-14:30	Teenage Brain
Monday 05.08.24 09:30-11:30	Remaining Calm
Wednesday 14.08.24 12:30-14:30	Mental Wellbeing
Monday 19.08.24 09:30-11:30	Teenage Brain
Wednesday 28.08.24 12:30-14:30	Technology and Safety

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